



COVID-19 RECOMMENDATIONS

HAWAII DEPARTMENT OF HEALTH

WHAT TO DO IF YOU HAVE BEEN TESTED FOR COVID-19

To avoid the spread of illness to others, follow these guidelines until you receive your COVID-19 test results.

- ☐ **Stay home except to get medical care**
 - Remain at home until you receive your COVID-19 results
 - Even if your COVID-19 results are negative, you should remain at home until you have recovered
- ☐ **Avoid using any kind of public transportation, ridesharing, or taxis**
- ☐ **Separate yourself from other people in your home**
 - Stay in a specific “sick room” if possible
 - Use a separate bathroom if available
 - If you need to be around other people in or outside of the home, wear a facemask
 - If possible, eat in your room (have someone leave your meal outside your door)
 - Avoid sharing personal items with other people in your household (e.g., dishes, towels, bedding)
 - Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
- ☐ **Get rest and stay hydrated**
- ☐ **Monitor your symptoms carefully.** If your symptoms get worse, call your usual healthcare provider immediately
- ☐ **For medical emergencies, call 911** and notify the dispatch personnel that you *may* have COVID-19
- ☐ **Cover your cough and sneezes**
- ☐ **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.